

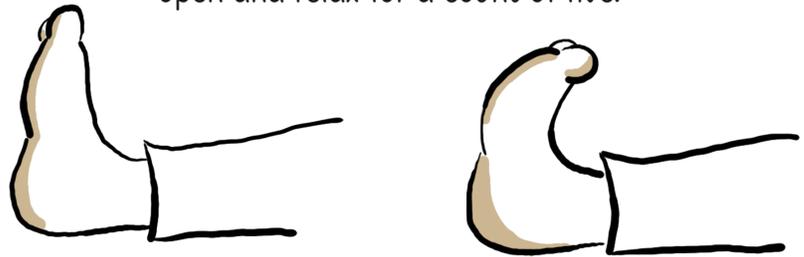


“Squish & Release” with Jennifer Waldburger

A body focused tension & release exercise for kids who have a hard time getting out of their heads.

Feet:

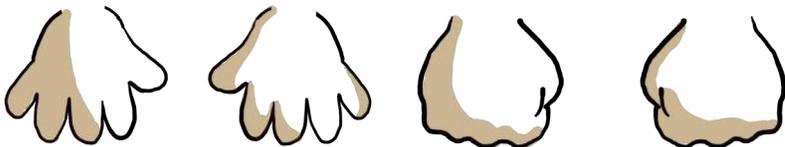
Flex both feet back toward your head and hold this position. Count up to five. Release. Let your feet flop open and relax for a count of five.



Take a deep breath in and slowly breathe out.

Hands:

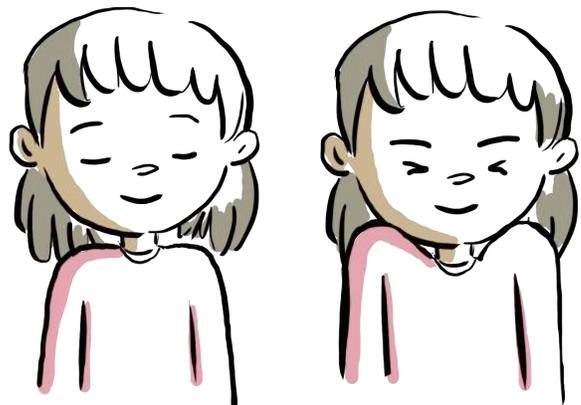
Curl your fingers in toward your palms and squeeze your hands into tight fists. Hold for a count of five. Release. Let your fingers relax and count to five.



Take a deep breath in and slowly breathe out.

Shoulders:

Shrug your shoulders up toward your ears. Hold for a count of five. Release and relax for a count of five.



Take a deep breath in and slowly breathe out.

Face:

Squish up your whole face - close your eyes tightly, cinch up your nose, squeeze your cheeks up toward your eyes, and feel your mouth get in on this, too! Squeeze your smile and squint your whole face, holding this for a count of five. Release. Relax your eyes, nose, cheeks, and the corners of your mouth for a count of five



Take a deep breath in and slowly breathe out.

